

Rules to remember:

Never swim or boat alone.

Learn to recognize hazards in water and shore conditions.

Check the weather before leaving.
Storms can appear quickly over water.

Wear a lifejacket when boating, no matter what your age.

Boat with an adult who can swim.

Never overload a boat.

Supervise children at all times.

Have rescue equipment available every time you boat.

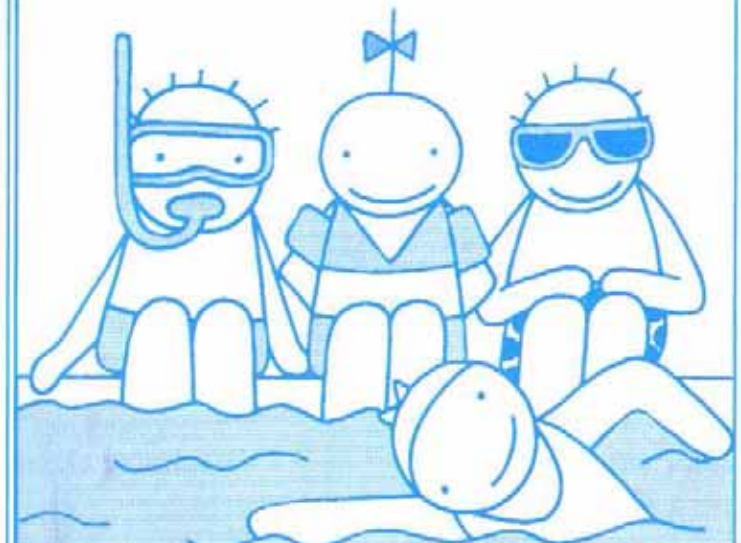
Call for help only when you need it.



AMERICAN CHILDREN'S SAFETY SOURCE™

Water Safety

Rules to remember . . .



Learn to Swim

Rules to remember:

- Never leave your child unattended in or near a swimming pool, hot tub, spa, bathtub, toilet, or bucket of water, even for a second. Accidental drowning is the 3rd leading cause of death for children under 5 years of age.



- Consider "waterwings" or "floaties" as toys -- they can lose air or pop off, thereby failing to keep children above water. Buy lifejackets (*personal floatation devices - PFDs*) for greater protection.

- Keep toys, tricycles, and other children's play things away from the pool or spa.

- Never consider your children to be "drownproof" because you enrolled them in "waterproofing" or swimming classes.

- Learn CPR & first aid. Have a first aid kit nearby.

- Never allow barriers such as fences or walls to give you a false sense of security near the water. There is no substitute for adult supervision. Doors and exits should be locked at all times.



- Install a phone or keep a cordless phone in the pool or spa area and post emergency numbers nearby.

- Remember: Most pool or spa covers are not designed for safety and cannot support a child's weight.

- A child can drown in the time it takes to answer the phone.



- Never allow pool users to bring bottles, glasses, or sharp objects into the pool area.

- Discourage running, pushing, or rough play around the water.

- Clearly mark the deep and shallow ends of the pool.

- Always swim a safe distance away from diving boards and platforms.

- Check how deep the water is before you dive.

- Make sure there is adequate filtration to maintain a good clarity of the water. Consult the local health department for regulations on pool sanitation.

- Keep basic rescue and lifesaving equipment readily available.

- Call your state or local authority to be sure your pool area meets all regulations.

Drownings can happen in less than 1 inch of water, so be extra careful at bath time, too!